

Zucchini Patties with Feta

Bon Appetit

Tarla Fallgatter, cooking instructor



2 1/2 cups zucchini, coarsely grated (about 3 medium)

1 teaspoon salt, divided use

1 teaspoon spice rub, or use a combo of Mediterranean spices/herbs

1 large egg

1 large egg yolk

1/2 cup all purpose flour (or more)

1/2 cup crumbled feta cheese

1 cup chopped fresh Italian parsley

1/2 cup chopped onions

1 1/2 tablespoons chopped fresh dill

1/2 cup olive oil (about)

1/2 cup Greek yogurt, full-fat, with dill to garnish

Yield: 18 pieces

Per Serving (excluding unknown items): 218 Calories; 18g Fat (73.9% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Toss zucchini and 1/2 teaspoon salt in large bowl. Let stand 5 minutes. Transfer to sieve. Press out excess liquid; place zucchini in dry bowl. Chop the onion finely and gather it into a couple of paper towels and allow to drain for a couple of minutes, then squeeze to extract some of the liquid from the onions. Add onion in with zucchini. Mix in egg, yolk, 1/2 cup flour, cheese, and 1/2 teaspoon salt. Mix in parsley and dill. If batter is very wet, add more flour by spoonfuls.

2. Heat 2 tablespoons olive oil in large skillet over medium heat. Working in batches, drop batter by rounded tablespoonfuls into skillet. Fry patties until golden, 5 minutes per side, adding more olive oil as needed.

Transfer to paper towels. Serve immediately or keep warm by placing patties on paper towels on a rack, on a baking sheet in a 225°F oven. Serve with yogurt and garnish with dill.

DO AHEAD: Can be made 1 day ahead. Place on baking sheet, cover, and chill. Rewarm uncovered in 350°F oven 12 minutes.